Drug and Alcohol Prevention with Y4Y April 15, 2014 1:00 p.m. EDT







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How to Use the Technology





Goals & Objectives

- Learn about the Drug and Alcohol Prevention resources available on Y4Y.
- Gain ideas for integrating Drug and Alcohol Prevention into your program.
- Discuss strategies for working with staff, students, and families.

Introductions

Host:

Monique McDowell-Russell

Y4Y Training Specialist Foundations, Inc.

Guest Presenters:

David Mineta

Deputy Director of Demand Reduction Office of National Drug Control Policy (ONDCP)

Aaron White, Ph.D.

College and Underage Drinking Prevention Research National Institute on Alcohol Abuse and Alcoholism (NIAAA)

Polls





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Welcome

I'm very happy to share this online community with you, our talented and hard-working 21st Century afterschool professionals. We've developed this entire website based on what you're telling us you need to create engaging afterschool programs. The site will help you connect and share resources with your colleagues, provide professional development

Our Blog



Find a Program

After School Programs & Providers
State:

Select Your State



Find It

New Y4Y Content: Drug and Alcohol Prevention

February 8, 2014

The U.S. Department of Education, in close partnership with the Office of National Drug Control Policy, is proud to announce the addition of brand new content to the Y4Y Portal addressing Drug and Alcohol Prevention among our youth.

You'll find the new Drug and Alcohol Prevention content integrated into Y4Y's existing content modules where it is most applicable to your program staff's professional development needs. You'll find new pages and new examples to help you apply these valuable concepts in each of the following modules: Family Involvement, STEM, Project-Based Learning, and Strengthening Partnerships.

For quick access to an extensive list of Drug and Alcohol Prevention resources, click **Tools** on the menu bar and look for the Drug and Alcohol Prevention link in the right hand sidebar. All materials provided in the resource list and in the content modules are approved for your professional development needs by both the Office of National Drug Control Policy and by the U.S. Department of Education.

Finally, be sure to keep an eye on this newsletter for announcements about upcoming webinars on this subject. We'll be speaking with some of the experts who helped compile and prepare the content, and they'll be sharing practical strategies for how you and your staff can address this important and ongoing concern among our youth populations.



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Y4Y > Tools > Drug and Alcohol Prevention Resources

Drug and Alcohol Prevention Resources

Above the Influence (ONDCP)

Above the Influence Activities Toolkit (ONDCP)

Above the Influence Partners (ONDCP)

Brain Games (NIDA)

Brain Power! Grades K-1 (NIDA)

Brain Power! Grades 2-3 (NIDA)

Brain Power! Grades 4-5 (NIDA)

Brain Power! Grades 6-9 (NIDA)

BrainTrain4Kids

The Brain: Understanding Neurobiology through the Science of Addiction (NIDA)

Commonly Abused Drugs Chart (NIDA)

Commonly Abused Prescription Drugs Chart (NIDA)

Community Anti-Drug Coalitions of America

Community Education Training Materials (DEA)

The Cool Spot (NIAAA)

DEA Publications

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Drug and Alcohol Prevention

Drug and Alcohol **Prevention**

Find resources to support your program's efforts around **Drug and Alcohol Prevention**.

After School Toolkit



Find research-based practices, sample lessons, video examples, and resources to support academic enrichment in afterschool. Visit the Afterschool Training Toolkit

Guest Presenter 1:

David Mineta

Deputy Director of Demand Reduction
Office of National Drug Control Policy (ONDCP)

YOUTH SUBSTANCE USE



April 15, 2014 You For Youth Portal Webinar

David Mineta

Deputy Director, Office of Demand Reduction Office of National Drug Control Policy



ONDCP

Office of National Drug Control Policy

Component of the Executive Office of the President

 Coordinates drug control activities and related funding across the Federal Government

• Produces the annual National Drug Control Strategy

Prevention

- Each dollar invested in a proven school-based prevention program can reduce costs related to substance use by an average of \$18.1
- Effective drug prevention happens on the local level.
- Prevention must be comprehensive:
 - evidence-based interventions in multiple settings
 - tested public education campaigns
 - sound public policies

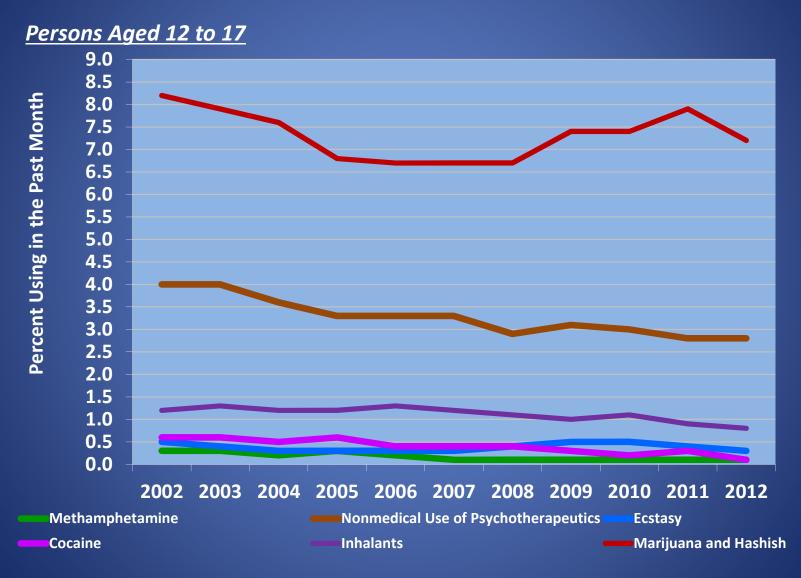


¹ Miller, T. and Hendrie, D. Substance Abuse Prevention Dollars and Cents: A Cost-Benefit Analysis, DHHS Pub. No. (SMA) 07-4298. Rockville, MD: Center for Substance Abuse Prevention, Substance Abuse and Mental Health Services Administration, 2008.



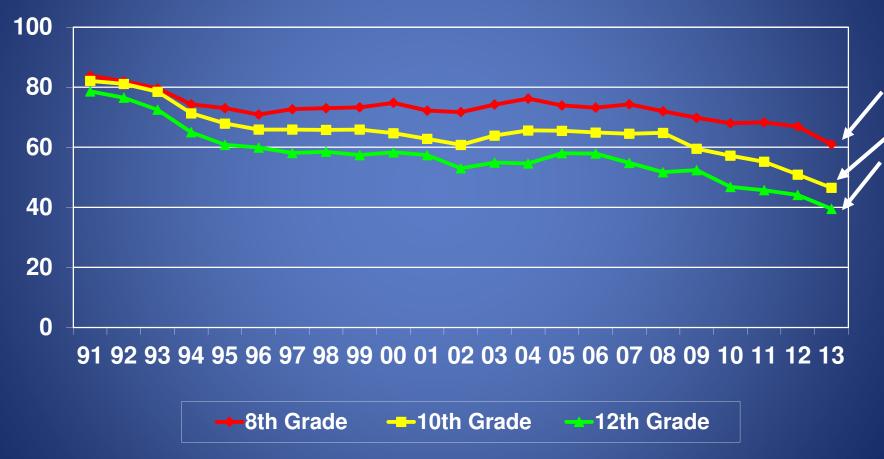
Substance Use Among Youth

Current Use of Selected Drugs among Youth 2002 - 2012



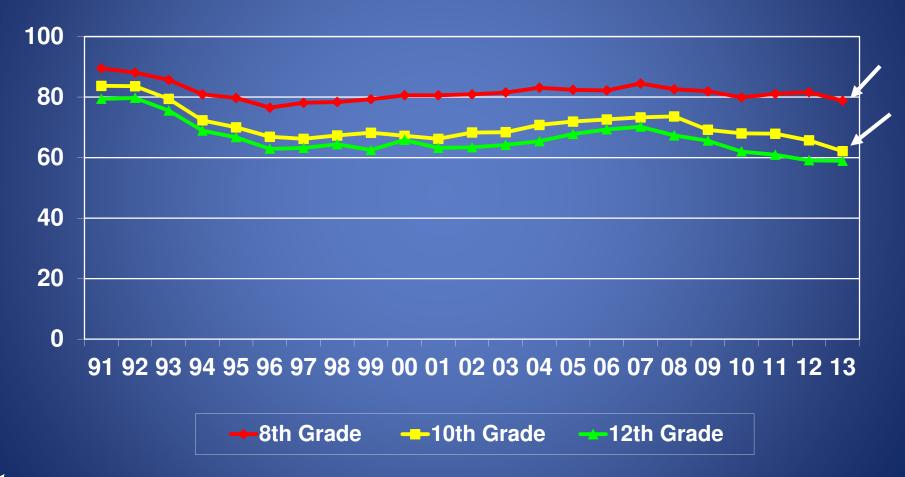
Source: SAMHSA, 2012 National Survey on Drug Use and Health (September 2013).

Percent Perceiving Great Risk of Smoking Marijuana Regularly





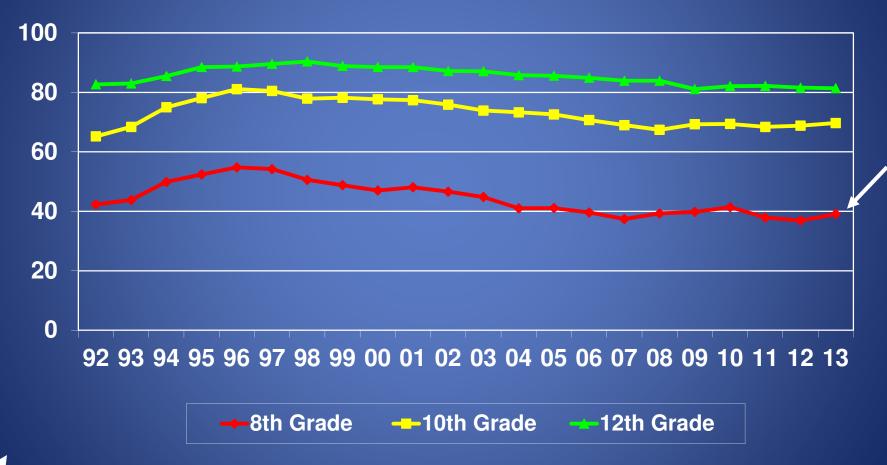
Percent Disapproval of Smoking Marijuana Occasionally



Denotes significant difference between 2012 and 2013

SOURCE: University of Michigan, 2013 Monitoring the Future Study

Percent Reporting Marijuana as 'Fairly Easy' or 'Very Easy' to Obtain

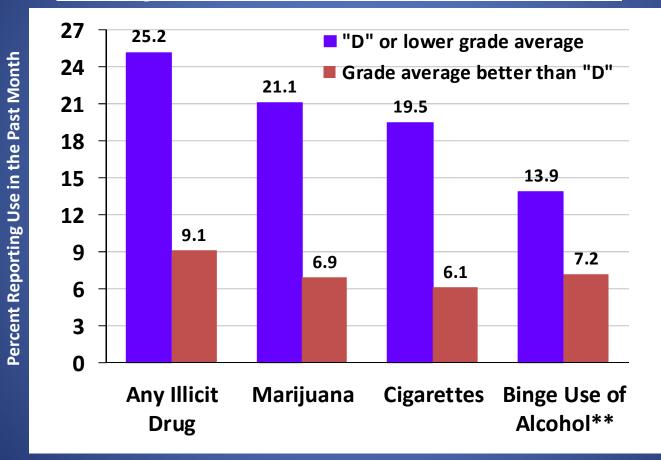


Denotes significant difference between 2012 and 2013

SOURCE: University of Michigan, 2013 Monitoring the Future Study

Students with an average grade of 'D' or lower are more likely to be substance users compared to students whose grade average is better than 'D'

Persons Aged 12 to 17 Who Were Enrolled in the Past Year, 2012



^{*}Average Grade for Last Completed Grading Period

Source: SAMHSA, 2012 National Survey on Drug Use and Health, Detailed Tables. (September 2013).

^{**}Binge Use of Alcohol is drinking five or more drinks on the same occasion on at least one day in the past 30 days.

Academic Impact

- IQ
- Grades
- School Safety and Climate

What Does All This Mean?

Working Together to Change the Course

NASN Consensus Statement

National Association of School Nurses on the Health Impact of Marijuana Legalization

• It is the opinion of the NASN that marijuana is properly categorized by the DEA under Schedule 1 of the Controlled Substance Act. NASN recognizes the overwhelming evidence that "any change in the legal status of marijuana, even if limited to adults, could affect the prevalence of use among adolescents."



ONDCP Programs

Drug-Free Communities Support Program

- Small amount of Federal funding combined with local resources and volunteer support
- Mobilize community leaders to identify and respond to the drug problems unique to their communities
- Focus on community change to reduce drug use









Resources

Resources

atipartnerships.com
teens.drugabuse.gov
getsmartaboutdrugs.gov
whitehouse.gov/ondcp
familycheckupguide.gov

Conclusion

- Conversations about the prevention of drug use should be ongoing.
- Understand the importance of prevention.
- Addiction is a complex brain disease.
- Commitment from partners is important and significant in saving our youth.
- We need all of your support collaboration is critical.

For More Information

WHITEHOUSE.GOV/ONDCP



Guest Presenter 2:

Aaron White, Ph.D.

Program Director



College and Underage Drinking Prevention Research National Institute on Alcohol Abuse and Alcoholism (NIAAA)



WHY DELAYING THE ONSET OF DRINKING IS SO IMPORTANT

Aaron White, PhD
Division of Epidemiology and Prevention Research
National Institute on Alcohol Abuse and Alcoholism
National Institutes of Health

Alcohol use by young people is a global concern



Telegraph.co.uk

Britain's 'chronic' teenage binge-drinking problem highlighted by European poll

Britain's "chronic" teenage binge-drinking problem has been highlighte

Last Updated: 1:40PM GMT 26 Mar 2009

The survey of 35 countries found the UK had the third-highest number of 15 and 16year-olds with an alcohol problem.

Professor Martin Plant. the University of the West of England academic who led the research, said: "The UK retains its unenviable position in relation to both bingedrinking, intoxication and alcohol-related problems among teenagers.



Binge-drinking: The survey of 35 countries found the UK had the third-16-year-olds with an alcohol problem Photo: PA

Binge drinking comes to France

By David Chazan BBC News, Paris

Australia battles rise in alcohol abuse

By Phil Mercer BBC News, Sydney

Alcohol increasingly has Australia in its poisonous grip.

One in eight Australians drink at dangerous levels. The effects on long-term health are likely to be catastrophic.



Experts say alcohol is damaging the

Australia has always had a boozy reputation but excessive health of Australians drinking is on the rise.

Doctors are warning of a surge in chronic diseases such as cirrhosis of the liver and cancers as well as brain disorders in the next 20 years.

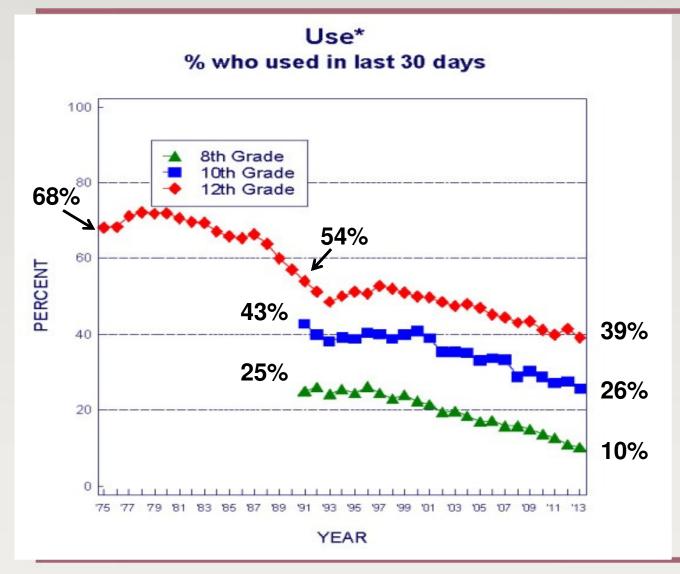
"Unfortunately Australia has a massive alcohol drinking problem," said Associate Professor Gordian Fulde from Sydney's St Vincent's Hospital.



A woman lies on a bench after leaving a bar in Bristol City Centre on October 15, 2005 in Bristol, England. (Matt Cardy/Getty Images)

Past month use of alcohol decreasing among 8th, 10th and 12th graders in US



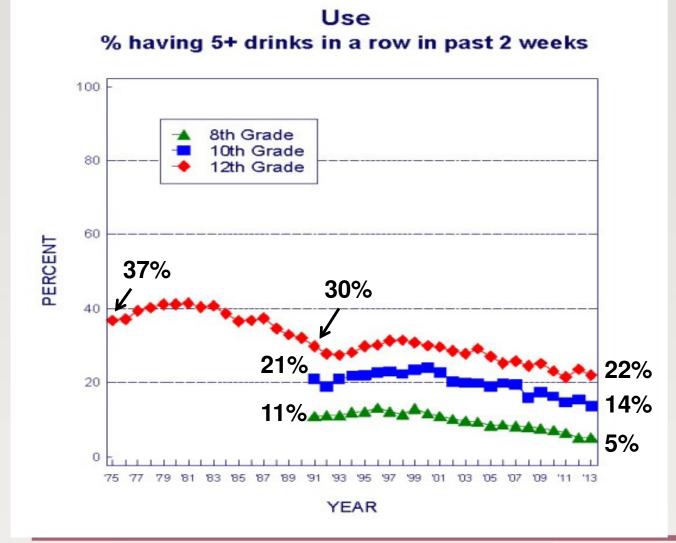


Significant decline in past month use for <u>all</u> grade levels

Source: Monitoring the Future (2014) -- http://www.monitoringthefuture.org/pubs.html

Binge drinking is decreasing among 8th, 10th and 12th graders in US





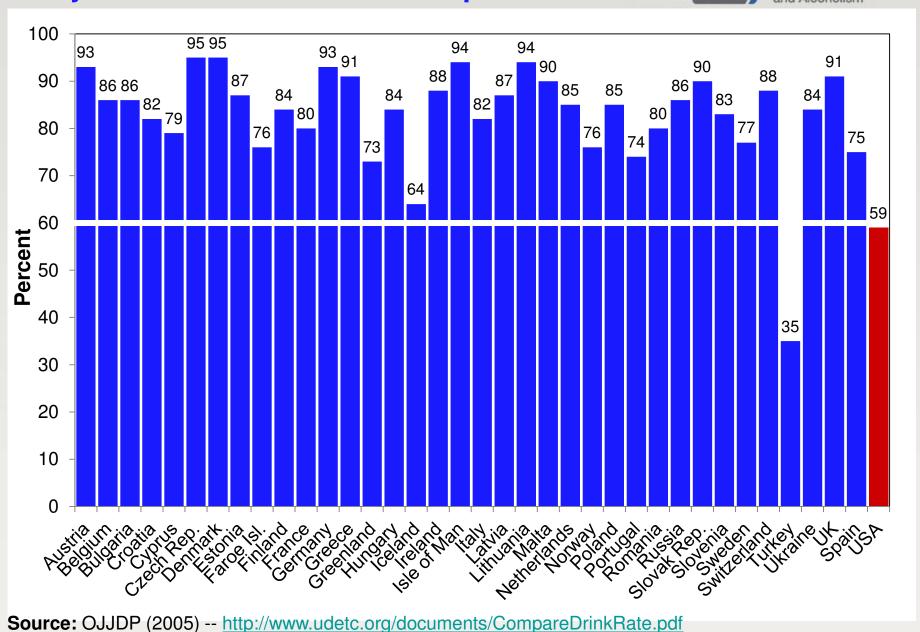
Binge = 5+ drinks at a time at least once in a two week period

Significant decline for <u>all</u> grade levels

Source: Monitoring the Future (2014) -- http://www.monitoringthefuture.org/pubs.html

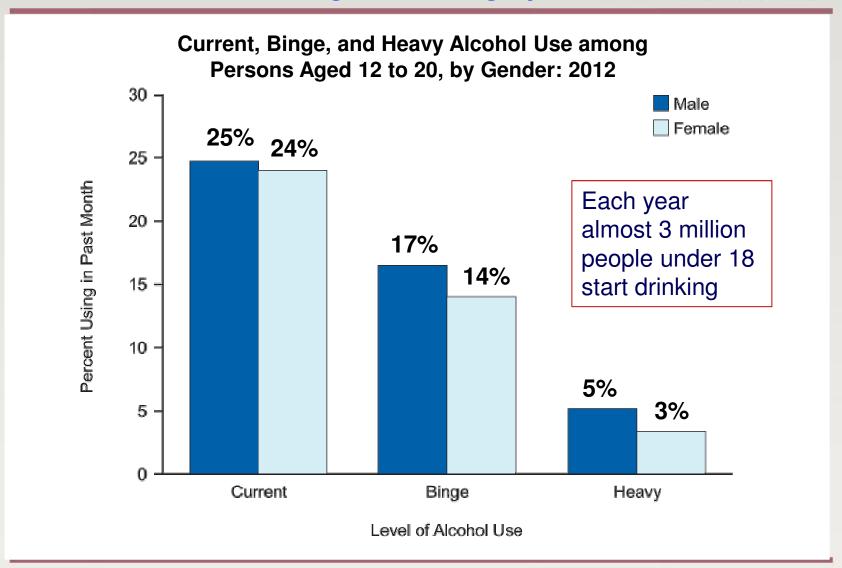
US teens (15-16 years old) less likely to drink in a year than teens across Europe





Despite progress many young people in US continue to drink during the teenage years

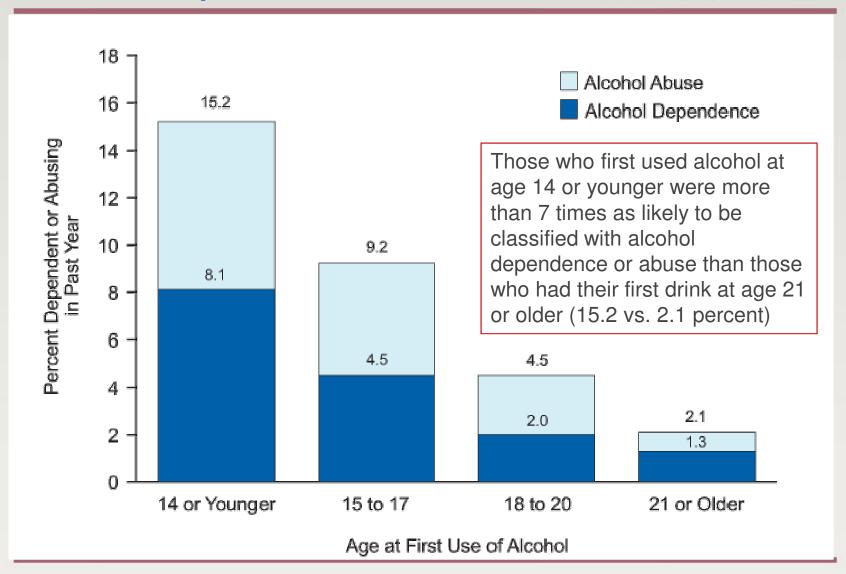




Source: NSDUH 2012 -- www.samhsa.gov/data/

Earlier onset of use increases risk for abuse and dependence later in life





Source: NSDUH 2012 -- www.samhsa.gov/data/

Earlier onset of use increases risk for a range of negative outcomes



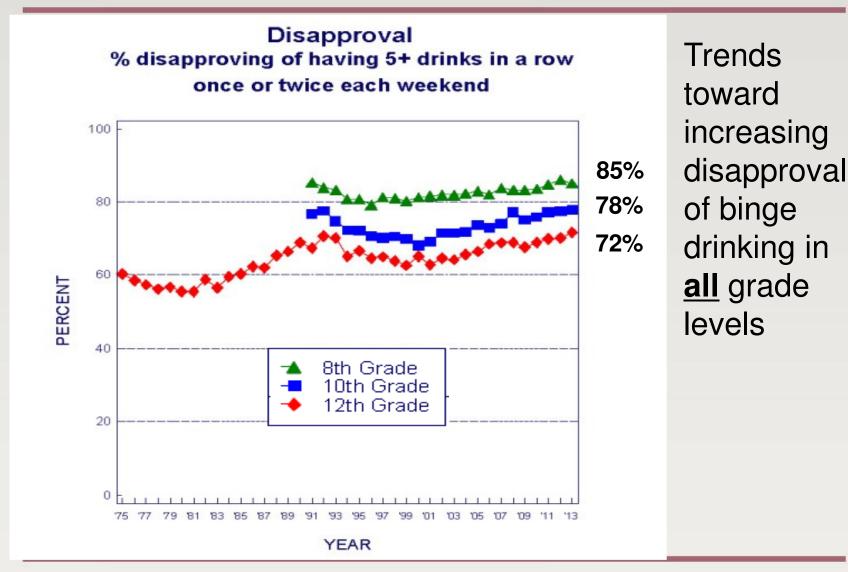
- Injuring other people after drinking
 - Hingson & Zha, Pediatrics, 2009
- Violent behavior, including predatory violence
 - Blitstein et al., Health Educ Behav, 2005; Ellickson, et al., Pediatrics, 2003
- Suicide
 - Swahn et al., Pediatrics, 2008; Bossarte & Swahn, Addict Behav, 2011
- Dating violence/victimization
 - Ramisetty-Mikler et al., J Sch Health, 2006
- Criminal behavior
 - Eaton, J. Interpers Violence, 2007; Allan et al., S. Afr Med J, 2007.
- Prescription drug misuse
 - Hermos et al., J. Addict Med., 2008
- Unplanned and unprotected sex after drinking
 - Hingson et al., Pediatrics, 2003
- Abuse/dependence/addiction
 - Hingson et al., Archives Pediatric Adolesc Med, 2006
- Brain damage/altered brain development with heavy use
 - Squeglia et al., Clin EEG Neuroci, 2010

Important to delay the onset of drinking!

Source: Hingson et al., Age of drinking onset and injuries, motor vehicle crashes and physical fights after drinking and when not drinking. Alc Clin Exp Res, 33(5), 783-790, 2009

High levels of disapproval of binge drinking among 8th, 10th and 12th graders in US

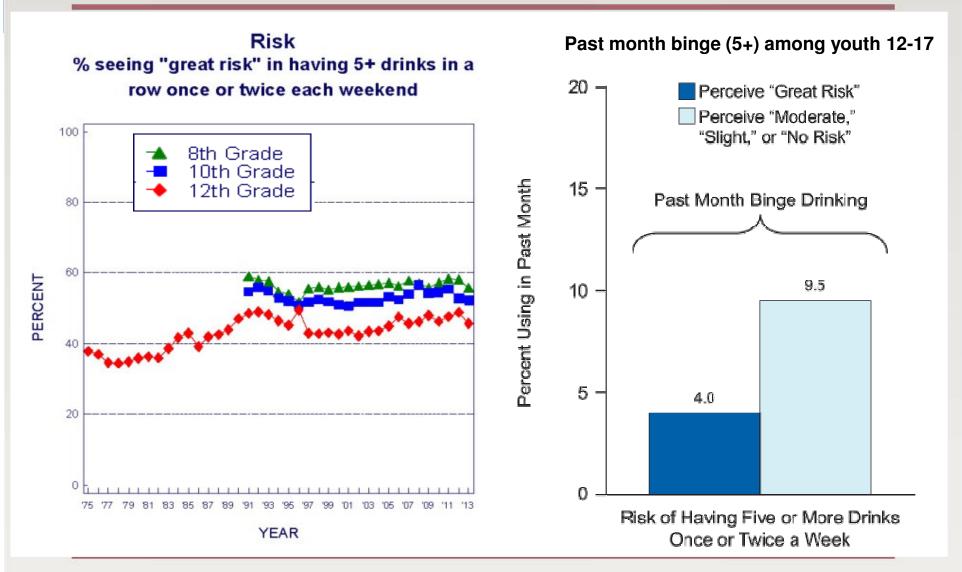




Source: Monitoring the Future (2014) -- http://www.monitoringthefuture.org/pubs.html

Alcohol use is lower among teens who see "great risk of harm" in binge drinking





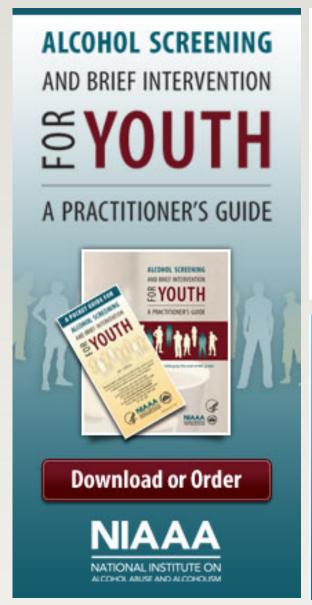
Sources: Monitoring the Future (2014) -- http://www.monitoringthefuture.org/pubs.html NSDUH 2012 -- www.samhsa.gov/data

Putting it all together: Why delaying the onset of drinking is so important National Institute on Alcohol Abuse and Alcoholism

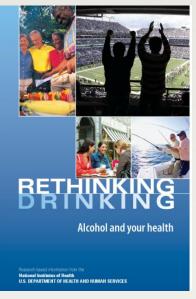
- Adolescent brain changes help drive us toward peers and out of the house – which helps us transition to independence – but can also increase risk of alcohol use and related harms.
- Short-term, alcohol increases the risk of a variety of acute consequences, including injuries.
- Long-term, alcohol can alter the trajectory of adolescent brain development and cause lingering cognitive deficits.
- Safest bet is to delay onset of drinking until brain development is complete.
- Drinking among teens is lower among those with high parental involvement and high perceptions of risk of harm.
- Hopefully, by educating young people about the risks involved in drinking, they will be better able to make good choices and delay the onset of use.

NIAAA Resources

(niaaa.nih.gov)











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THANK YOU!

Thank You

David Mineta

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College and Underage Drinking Prevention Research
National Institute on Alcohol Abuse and Alcoholism (NIAAA)

Q & A



Next Steps

Visit the Network section on Y4Y to:

- Download today's PowerPoint presentation
- View a recording of today's webinar
- Access resources highlighted in today's webinar

Don't forget to register!

http://y4y.ed.gov/join

Thank You!

